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IN THIS ISSUE:

News Releases—

CCC Interest Rate for November Lowered to 7-5/8 Percent

USDA Gives Tips on Sending Foods to U.S. Troops in Saudi Arabia

USDA Announces Prevailing World Market Price for Upland Cotton

USDA Issues Report on Survey of Ocean Shippers of Agricultural Products

New Dietary Guidelines Released by USDA and DHHS

ASCS Administrator Named Member of CCC Board of Directors

USDA Announces Sixth Meeting of Scrapie Rulemaking Advisory Committee

Veterinarian Named USDA Research Agency's Distinguished Scientist

Census Shows Rural Population Increasing, Farm Population Also Reported

Yeutter Urges Administration Colleagues to Use More Ethanol

USDA Lifts Remaining Medfly and Mexican Fruit Fly Quarantines in California

Background

Dietary Guidelines for Americans

News Releases

U.S. Department of Agriculture • Office of Public Affairs

CCC INTEREST RATE FOR NOVEMBER LOWERED TO 7-5/8 PERCENT

WASHINGTON, Nov. 1—Commodity loans disbursed in November by the U.S. Department of Agriculture's Commodity Credit Corporation will carry a 7-5/8 percent interest rate, according to Keith Bjerke, executive vice president of the CCC.

The 7-5/8 percent interest rate is down from October's 7-7/8 percent and reflects the interest rate charged CCC by the U.S. Treasury in November.

Robert Feist (202) 447-6789

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USDA GIVES TIPS ON SENDING FOODS TO U.S. TROOPS IN SAUDI ARABIA

WASHINGTON, Nov. 1—As the holidays approach, the U.S. Department of Agriculture's Meat and Poultry Hotline reports consumers are calling for advice about packing up home-cooked food and other treats to send to troops in Saudi Arabia.

"The most important thing to remember is don't send foods that are perishable or can't tolerate rough handling," says Hotline Supervisor Sue Templin.

While temperatures in Saudi Arabia are cooling somewhat with daily averages of 78 degrees F in November and 70 degrees F in December, potential for food spoilage is always a problem. According to military doctors, troops are especially vulnerable to diarrheal illness for a number of reasons including stress, tainted water and food. "We want to help consumers make sure they're packaging food presents and not food problems," Templin says.

To address those concerns, Hotline home economists worked with USDA food scientists, the military and the U.S. Postal Service to come up with "do's and don't's" for holiday food packages.

Chief among foods not to send are perishables requiring refrigeration, like fresh meats. “If you want to send some kind of meat,” says Templin, “stick to dry beef, like beef jerky or beef slims. Canned meats, including chicken and tuna, are okay, but high temperatures may reduce quality. Plus, it would be good for families to remind troops not to eat foods that arrive in damaged or swollen cans.”

Templin also advises against sending high-moisture baked goods, such as pumpkin bread, because they are susceptible to mold. Pork and pork products should be left out, as well as alcohol, because they are forbidden in Saudi Arabia for religious reasons. And fragile foods, like delicate cookies, won’t make the trip intact. Templin also warns that products with chocolate, like chocolate-chip cookies, could melt in high temperatures.

Foods recommended by the Hotline include dense and dry baked goods, like fruit cakes, commercially packaged cakes and cookies in tins, dry cookies such as ginger snaps, and crackers.

Dried fruits such as raisins and apricots are good to send, Templin says, as are canned nuts and fruit and commercially prepared trail mix. Jarred foods, like jams, jelly, and peanut butter, can also be included, along with hard candies and candy-coated gum.

Specialty items like instant soup, fruit drink mixes and commercially packaged popcorn in tins can be included.

“Some regional favorites, like Texas hot sauce and Cajun seasonings, are being sent to troops, and that’s a great idea,” Templin says, “as long as they aren’t perishable and can handle transport and heat.”

For more advice on shipping food and other food safety issues, call USDA’s Meat and Poultry Hotline (1-800-535-4555) weekdays from 10 a.m. to 4 p.m. Eastern time. (Residents of the Washington, D.C., area should call (202) 447-3333.)

Jim Greene (202) 382-0314

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USDA ANNOUNCES PREVAILING WORLD MARKET PRICE
FOR UPLAND COTTON

WASHINGTON, Nov. 1—Under Secretary of Agriculture Richard T. Crowder today announced the prevailing world market price, adjusted to U.S. quality and location (adjusted world price), for Strict Low Middling (SLM) 1-1/16 inch (micronaire 3.5-4.9) upland cotton (base quality) and the coarse count adjustment in effect from 12:01 a.m. Friday, Nov. 2, through midnight Thursday, Nov. 8.

Since the adjusted world price (AWP) is above the 1989, and 1990 crop base quality loan rates of 50.00 and 50.27 cents per pound, respectively, the loan repayment rates for the 1989 and 1990 crops of upland cotton during this period are equal to the respective loan rates for the specific quality and location.

The AWP will continue to be used to determine the value of upland cotton that is obtained in exchange for commodity certificates. Because the AWP in effect is above the established loan rate, loan deficiency payments are not available for 1990-crop upland cotton sold during this period.

Based on data for the week ending Nov. 1, the AWP for upland cotton and the coarse count adjustment are determined as follows:

Adjusted World Price

Northern Europe Price	82.81
Adjustments:	
Average U.S. spot market location	13.20
SLM 1-1/16 inch cotton	2.15
Average U.S. location	0.35
Sum of Adjustments	<u>-15.70</u>
ADJUSTED WORLD PRICE	67.11 cents/lb.

Coarse Count Adjustment

Northern Europe Price	82.81
Northern Europe Coarse Count Price	<u>-78.15</u>
	4.63
Adjustment to SLM 1-inch cotton	<u>-4.10</u>
COARSE COUNT ADJUSTMENT	0.53 cents/lb.

The next AWP and coarse count adjustment announcement will be made on Thursday, Nov. 8.

Charles Cunningham (202) 447-7954

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USDA ISSUES REPORT ON SURVEY OF OCEAN SHIPPERS OF AGRICULTURAL PRODUCTS

WASHINGTON, Nov. 2—Industry opinion surveys show that agricultural shippers favor ocean liner regulation that promotes increased carrier competition, freight contracting, rate-making flexibility and dissemination of market information, according to a U.S. Department of Agriculture report.

“Our survey results indicate that most shippers want the unrestricted ability to negotiate freight contracts with individual carriers,” said Martin F. “Buzz” Fitzpatrick, Jr., administrator of USDA’s Office of Transportation.

The cost and quality of ocean liner service have a direct impact on the competitiveness of U.S. agricultural products. About \$12 billion to \$14 billion worth of agricultural products are transported to overseas markets on liner vessels each year, with a freight bill of about \$2 billion to \$2.5 billion.

“For many commodities,” said Fitzpatrick, “ocean freight accounts for 10 to 30 percent of the total cost in foreign markets. As a result, changes in freight rates affect the foreign demand for U.S. agricultural products.”

“Ocean liner carriers are regulated under the Shipping Act of 1984,” Fitzpatrick said. “This law grants antitrust immunity to carriers to allow them to form conferences, or cartels, to set cargo rates and apportion markets. Our surveys showed that many shippers would like the conference system eliminated. If conferences are not eliminated, most shippers advocate increased competition within the conference structure, through mandatory independent action on tariff rates and service contracts.”

This year a joint congressional and executive commission will begin reviewing the impact of the act on maritime commerce. The objective of the review is to determine whether the act should be retained, revised or eliminated.

The survey results are summarized in an OT publication, “The Shipping Act of 1984: Surveys of Agricultural Shippers.” Cooperating with OT on the surveys were the United Fresh Fruit and Vegetable Association, the National Forest Products Association, the National Potato Council, the Southeastern Peanut Association, and Washington State University.

Copies of the publication may be obtained by writing to OT, USDA, P.O. Box 96575, Washington, D.C. 20090 or phoning (202) 245-5334.

Larry Mark (202) 447-3977

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NEW DIETARY GUIDELINES RELEASED BY USDA AND DHHS

WASHINGTON, Nov. 5—Secretary of Agriculture Clayton Yeutter and Secretary of Health and Human Services Louis W. Sullivan today released the third edition of “Nutrition and Your Health: Dietary Guidelines for Americans.” The bulletin is the federal government’s principal statement of nutritional advice.

Secretary Yeutter termed the bulletin, “An excellent source of dietary and health information for the American public. Consumers can benefit from this information when they are selecting the best diet from the abundance of healthy food produced by American farmers.”

“People are more concerned every year about their diets, and they want a respected authority to help them sort out the data. This information does that,” said Secretary Sullivan. “It was assembled by top-flight authorities. Reading it and following its advice will help Americans make more informed decisions about their diets—with greater confidence in the scientific support for their decisions.”

The third edition maintains the seven principal messages of earlier published guidelines (1980 and 1985). The new bulletin, however, reflects changed emphasis to take into consideration the latest scientific information. The bulletin’s presentation is clearer and more diet-oriented than previous editions, and includes a new and interim approach to judging the appropriateness of one’s weight. It also for the first time contains suggested numerical limits for fats and saturated fat intake, and short action statements (‘advice for today’) along with each guideline.

Secretary Yeutter commented that Americans have “never been more concerned about their diet and health. I think it is great. These new guidelines are responsive to the strong public demand for solid information about their diets.”

Secretary Sullivan expressed confidence that the new guidelines, “Provide a dietary compass for consumers,” and added, “Diet directly influences the health of every age group, ethnic group, and region in the country. Together, we will continue to provide the essential information and leadership on this significant issue: The strong bond between diet and health.”

The 1990 Guidelines detail the following main points:

- Eat a variety of foods;
- Maintain healthy weight;
- Choose a diet low in fat, saturated fat, and cholesterol;
- Choose a diet with plenty of vegetables, fruit, and grain products;
- Use sugars only in moderation;
- Use salt and sodium only in moderation; and
- If you drink alcoholic beverages, do so in moderation.

The bulletin is available to the public without charge. To get a single free copy, write to: Consumer Information Center, Department 514-X, Pueblo, Colo. 81009.

Kelly M. Shipp (202) 447-4623
Linda Meyers (202) 472-5308

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ASCS ADMINISTRATOR NAMED MEMBER OF CCC BOARD OF DIRECTORS

WASHINGTON, Nov. 5—Secretary of Agriculture Clayton Yeutter today announced the appointment of Keith Bjerke as a member of the U.S. Department of Agriculture’s Commodity Credit Corporation Board of Directors.

Bjerke, administrator of the USDA’s Agricultural Stabilization and Conservation Service, was nominated to the board by President Bush and was recently confirmed by the Senate. Bjerke also serves as CCC executive vice president.

The CCC Board of Directors consists of eight USDA officials and is chaired by the secretary of agriculture.

The corporation was created to stabilize, support and protect farm income and prices. The CCC also helps maintain balanced and adequate supplies of agricultural commodities and helps in their orderly distribution.

Robert Feist (202) 447-6789

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USDA ANNOUNCES SIXTH MEETING OF SCRAPIE RULEMAKING ADVISORY COMMITTEE

WASHINGTON, Nov. 7—The U.S. Department of Agriculture will hold the sixth meeting of the scrapie negotiated rulemaking advisory committee Nov. 15-16 in Washington, D.C., to help develop a program to combat scrapie, a disease of sheep and goats, according to James W. Glosser, administrator of USDA's Animal and Plant Health Inspection Service.

The meeting will be held both days from 9 a.m. to 5 p.m. at the Embassy Square Suites, 2000 N Street, N.W. The meeting is open to the public, and special periods have been reserved for public participation.

Scrapie is a fatal disease of sheep and goats that attacks the central nervous system. Currently, there is no live-animal diagnostic test or treatment for the disease.

The meeting will bring together technical specialists, representatives from APHIS, the sheep industry and others interested in scrapie issues. Previous meetings of the committee were held in May, July, August, September and October.

A major topic for continuing discussion will be a draft plan for scrapie certification and control that was presented at earlier meetings.

The negotiated rulemaking process uses an independent facilitator, follows guidelines established by the committee, negotiates in good faith and aims at reaching a consensus on which all involved parties can agree.

Comments may be made in writing, before, during or after the meeting. They must be received by Nov. 30, and should refer to the scrapie negotiated rulemaking advisory committee. Comments should be

sent to Helene Wright, Chief, Regulatory Analysis and Development, APHIS, USDA, Room 866 Federal Building, 6505 Belcrest Road, Hyattsville, Md. 20782.

Amichai Heppner (301) 436-5222

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VETERINARIAN NAMED USDA RESEARCH AGENCY'S DISTINGUISHED SCIENTIST

WASHINGTON, Nov. 7—Norman F. Cheville, a U.S. Department of Agriculture veterinarian at Ames, Iowa, has been named “Distinguished Scientist of the Year” by USDA’s Agricultural Research Service. The award is the research agency’s highest scientific honor.

R. Dean Plowman, ARS administrator, said Cheville is being honored for developing techniques for using an electron microscope to diagnose and study diseases in livestock and poultry. Cheville’s research has made it possible to get a much closer, more detailed look at disease-causing viruses with the high-powered microscope, according to Plowman.

“Before the late 1950’s, scientists couldn’t see viruses,” he said. “The electron microscope, and Dr. Cheville’s application of it, gave researchers a new way of looking at and diagnosing disease. It gives America’s livestock industry additional options for controlling costly animal diseases.”

Cheville and 15 other ARS scientists will be honored at an awards ceremony at 1:30 p.m. today in the USDA Administration Building in Washington, D.C. Cheville will receive a \$7,000 cash award, a plaque and \$40,000 in support funds for his research at the agency’s National Animal Disease Center at Ames.

ARS began the awards program in 1982 to encourage superior research on critical issues in the food and agricultural sciences, Plowman said.

In today’s ceremonies, Plowman also will recognize three “Outstanding Scientists of the Year.” They are: Wayne W. Hanna, research geneticist, Tifton, Ga.; Thomas J. Henneberry, research entomologist, Phoenix, Ariz.; and G. Mark Holman, research entomologist, College Station, Texas.

Hanna, of the agency’s Forage and Turf Research unit, is being honored for transferring exotic plant germplasm from wild to cultivated species. Henneberry, research leader at the ARS Western Cotton

Research Laboratory, will be recognized for developing efficient methods of controlling cotton insect pests. Holman, from the agency's Veterinary Entomology Research unit, will be honored for his work in isolating and characterizing the structure of insect neuropeptides. Each of the three will receive a \$5,000 cash award and \$25,000 in research support.

In a new award category, Sally A. Leong, a research chemist at the agency's Plant Disease Resistance Research unit at Madison, Wis., has been named "Outstanding Early Career Scientist." Leong was recognized for her research on the molecular genetics and biochemistry of *Ustilago maydis*, a fungus that promotes corn smut disease. She will receive a \$4,000 cash award and \$25,000 in research support.

The "Early Career Scientist" awards are being given for the first time this year to recognize outstanding scientists who have been with ARS for seven years or less and earned their highest degree in the last 10 years.

As a veteran ARS researcher, Cheville has led research in the last ten years to develop vaccines and diagnostic tests for bacterial diseases such as brucellosis and atrophic rhinitis in pigs.

Cheville is the author of the book "Cell Pathology," which is internationally accepted as a standard for training veterinary pathologists and as a reference for practicing medical and veterinary pathologists.

Cheville also established and implemented North American standards for training and certifying veterinary pathologists. He is an active member of American College of Veterinary Pathologists and has served as the organization's president and secretary-treasurer, as well as editor of the journal "Veterinary Pathology."

A native of Iowa, Cheville received his graduate and doctoral degrees from the University of Wisconsin. He received his doctorate of veterinary medicine from Iowa State University.

Cheville joined ARS in 1963 and has been director of brucellosis research at the National Animal Disease Center for the past two years. Since 1970, he also has been an adjunct professor in the College of Veterinary Medicine at Iowa State University.

The "Distinguished Scientist of the Year," "Outstanding Scientists of the Year" and "Early Career Scientist of the Year" were selected from winners in eight ARS geographic areas. Other area winners this year include:

*Beltsville Area—Senior Scientist: Jitender P. Dubey, microbiologist, Beltsville, Md., for research on *Toxoplasma* and other parasites of humans and food animals. Early Career Scientist: Nancy Miller-Ihli,

research chemist, Beltsville, Md., for developing measurement systems for elements important to human, plant and animal nutrition.

*Mid South Area—Senior Scientist: Stephen O. Duke, plant pathologist, Stoneville, Miss., for research on the physiology of weeds and mechanisms of herbicide action. Early Career Scientist: Thomas E. Cleveland, microbiologist, New Orleans, La., for molecular understanding of the aflatoxin problem in corn.

*Northern Plains Area—Senior Scientist: James F. Power, soil scientist, Lincoln, Neb., for soil research affecting agricultural productivity and environmental quality. Early Career Scientist: Thomas S. Cox, Manhattan, Kan., research geneticist, for quantifying genetic diversity in wheat and its relatives for developing disease- and insect-resistant varieties.

*Pacific West Area—Early Career Scientist: David A. Grantz, plant physiologist, Aiea, Hawaii, for defining the relationships between sugarcane water use and crop productivity. Thomas Henneberry, an “Outstanding Scientist of the Year,” was the Senior Scientist winner from this area.

*North Atlantic Area—Senior Scientist: George A. Somkuti, research chemist, Philadelphia, Pa., for research on metabolism and genetics of dairy food fermenting microorganisms. Early Career Scientist: Leon V. Kochian, plant physiologist, Ithaca, N.Y., for pioneering microelectrode techniques for studying root ion transport processes at the cellular level.

*South Atlantic Area—Early Career Scientist: C. Richard Barb, research animal physiologist, Athens, Ga., for research to increase reproductive efficiency of pigs. Wayne Hanna, an “Outstanding Scientist of the Year,” was the Senior Scientist winner from this area.

*Southern Plains Area—Early Career Scientist: Norma L. Trolinder, plant physiologist, Lubbock, Texas, for pioneering research in cotton cell and tissue culture in genetics. Mark Holman, an “Outstanding Scientist of the Year,” was the Senior Scientist winner from this area.

Norman Cheville, the “Distinguished Scientist of the Year,” was the Senior Scientist winner for ARS’ Midwest Area, and Sally Leong, the “Outstanding Early Career Scientist of the Year,” was the Early Career Scientist winner for that area.

Linda Cooke (309) 684-4011

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CENSUS SHOWS RURAL POPULATION INCREASING, FARM POPULATION ALSO REPORTED

WASHINGTON, Nov. 8—About 66,211,000 people, or 25 percent of the U.S. population, lived in rural areas in 1989, compared with 64,798,000 in 1988. During the same period, the number of farm dwellers, who make up 1.9 percent of the nation's total, went from 4,951,000 to 4,801,000, not a statistically significant difference. Both findings are in a report released today by the U.S. Department of Commerce's Census Bureau and the U.S. Department of Agriculture's Economic Research Service.

The farm population consists of people living on farms in rural areas; it does not include the relatively few farms in urban areas. Farms are defined as places that sold at least \$1,000 in agricultural products during the preceding year. Rural areas are considered to include the open countryside and places with under 2,500 residents that are not in the suburbs of large cities. The farm population definition is based on residence only. Many people reside on farms but do no farm work, and many farmers and farm employees do not reside on farms.

While the rural population has grown faster than the urban population since 1986, some of this growth will appear as urban growth when the results of the 1990 Census are used to reclassify rural and urban places.

The largest share of the rural population (about 44 percent) lives in the South. Although the regional distribution of the rural population changed only slightly in the last 40 years, the regional distribution of the farm population shifted markedly. In 1950, a third of all farm residents lived in the Midwest, and slightly more than half lived in the South. A rapid decline in the Southern farm population, rather than growth in the Midwest's farm population, reversed the regional rankings. Half of the total farm population now lives in the Midwest, and less than a third lives in the South.

These data, obtained from the Census Bureau's 1989 Current Population Survey, came from a sample and are subject to sampling variability and other sources of error.

Regional population shares are as follows:

	Rural residents		Farm residents	
	1989	1950	1989	1950
Northeast	17.1	14.9	4.9	7.8
Midwest	26.7	29.4	51.3	32.3
South	43.6	44.7	29.3	51.6
West	12.5	10.9	14.5	8.4

More information on the size, distribution, social and economic characteristics of rural and rural farm residents is available in Residents of Farms and Rural Areas: 1989, Census Bureau report series P-20, no. 446, released today. Copies are available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. For more information on the report contact Felicia LeClere at (202) 219-0536.

Enid Hodes (202) 219-0512

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YEUTTER URGES ADMINISTRATION COLLEAGUES TO USE MORE ETHANOL

KANSAS CITY, MO., Nov. 8—Secretary of Agriculture Clayton Yeutter today urged several colleagues in the executive branch to use ethanol or ETBE (ethyl tertiary butyl ether) fuels in government owned or leased vehicles to reduce the nation’s dependence on foreign oil and enhance environmental quality.

On Sept. 13, Yeutter directed USDA employees to use ethanol or ETBE fuels in department vehicles when such fuels are available at comparable prices with unleaded gasoline. In a letter sent today to the Secretaries of Interior, Labor and Veterans Affairs, and the Administrator of the Environmental Protection Agency, Yeutter suggested they may wish to initiate a similar policy concerning fuels used in vehicles under their jurisdictions.

Yeutter said ethanol, produced domestically from grain and agricultural residues, is blended with gasoline and provides higher octane and oxygen levels which result in a cleaner burning fuel. Ethanol can be used in all vehicles without adjustment, which is not the case with some other alternative fuels, he said.

“In addition to reducing our dependence on foreign oil,” Yeutter said, “use of ethanol and ETBE will help consume a gigantic corn crop.”

Kelly Shipp (202) 447-4623

Al Maruggi (202) 447-5654

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USDA LIFTS REMAINING MEDFLY AND MEXICAN FRUIT FLY QUARANTINES IN CALIFORNIA

EL MONTE, CALIF., Nov. 8—The U.S. Department of Agriculture today lifted the last quarantines for the Mediterranean fruit fly (Medfly) and the Mexican fruit fly in California, according to Deputy Secretary of Agriculture Jack C. Parnell.

USDA's Animal and Plant Health Inspection Service declared that both pests had been eradicated in the continental United States, although a long-established infestation in Hawaii remains. The eradication effort cost more than \$52 million.

“Freeing California of nearly simultaneous invasions by these two exotic pests is a major accomplishment,” Parnell said. “It couldn't have been done without the close cooperation of local, state and federal agencies and the industries involved.

“We now have to redouble our efforts to keep the pests from coming back. An intensive study at Los Angeles International Airport showed that some incoming travelers were bypassing our inspection system and bringing in fruit that could start a new infestation of exotic fruit flies. Another recent study in Hawaii confirmed that some people were mailing prohibited fruit to the mainland,” Parnell said.

“Private citizens must do their part to keep exotic fruit flies out. Please don't mail or carry fruit to the U.S. mainland from Hawaii or foreign countries,” Parnell requested.

Parnell said a quarantine against the current Medfly infestation was first established Aug. 23, 1989; and the quarantine against the Mexican fruit fly began June 26, 1990. Both quarantines were later expanded as additional fruit flies were found.

The last area in California quarantined for Medfly was located near the communities of Echo Park, Glassell Park and Rosemead in Los Angeles County. The last area under the Mexican fruit fly quarantine was near Compton, also in Los Angeles County.

Interim rules officially lifting the quarantines will be published as dockets 90-211 (for the Medfly) and 90-212 (for the Mexican fruit fly) in the Nov. 15 Federal Register. The rules take effect Nov. 9.

Comments on the rules will be accepted if they are received on or before Jan. 14, 1991. An original and three copies of written comments referring to the appropriate docket should be sent to Chief, Regulatory Analysis and Development, PPD, APHIS, USDA, Room 866 Federal Building, 6505 Belcrest Road, Hyattsville, Md. 20782. Comments may be inspected at USDA, Rm. 1141-S, 14th Street and Independence Avenue, S.W., Washington, D.C., between 8 a.m. and 4:30 p.m., Monday through Friday, except holidays.

Caree Lawrence (301) 436-7280

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Background

U.S. Department of Agriculture • Office of Public Affairs

DIETARY GUIDELINES FOR AMERICANS

DEFINITION

The Dietary Guidelines for Americans, first released in 1980 and updated in 1985 and again in 1990, are published jointly by the U.S. Departments of Agriculture and Health and Human Services. The bulletin presents dietary advice for healthy Americans and is the central statement of federal nutrition policy. Nutrition and health professionals actively promote these Dietary Guidelines nationwide as a means of focusing the attention of Americans on a healthful diet. The two Departments have distributed over five million copies of the 1985 edition of the bulletin and millions more have been printed and distributed by others.

ADVISORY COMMITTEE

The third edition of the Dietary Guidelines bulletin is based on recommendations of a nine-member Dietary Guidelines Advisory Committee—Malden C. Nesheim, Ph.D. (chairman); Lewis A. Barness, M.D.; Peggy R. Borum, Ph.D.; C. Wayne Callaway, M.D.; John C. LaRosa, M.D.; Charles S. Lieber, M.D.; John A. Milner, Ph.D.; Rebecca M. Mullis, Ph.D.; and Barbara O. Schneeman, Ph.D. This committee, appointed jointly by the two departments in early 1989, recommended changes to the 1985 edition to reflect new scientific evidence on diet and health relationships and new information on the usefulness of the earlier editions to professionals and the public. The Committee also considered written comments about the guidelines from almost 100 individuals and groups outside government.

The published report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 1990, contains the committee's recommendations and the rationale for changes proposed to the 1985 revision, summarizes studies of the usefulness of earlier editions, and gives an overview of public comments to the Committee. Copies are

available from the Human Nutrition Information Service, USDA, Room 325A, Federal Building, Hyattsville, Md., 20782.

REVISIONS

The committee and departmental reviewers concluded that the central messages of the seven guidelines as presented in 1985 remain sound and of major importance in choosing food for a healthful diet. Some changes were made to the 1985 guidelines. The 1985 and 1990 guidelines and the reasons for changes are as follows:

1985	1990	Reason for change
Eat a variety of food	(same)	
Maintain desirable weight	Maintain healthy weight	New interim health-based weight criteria used
Avoid too much fat, saturated fat, and cholesterol	choose a diet low in fat, saturated fat, and cholesterol	Focus on total diet in more positive way
Eat foods with adequate starch and fiber	Choose a diet with plenty of vegetables, fruits, and grain products	Focus on foods, rather than food component, in total diet
Avoid too much sugar	Use sugars only in moderation	Focus on targeted food in a more positive way
Avoid too much sodium	Use salt and sodium only in moderation	Focus on both in more positive way
If you drink alcoholic beverages, do so in moderation	(same)	

USDA is making single copies of the 1990 edition of Nutrition and Your Health: Dietary Guidelines for Americans, HG 232, available free through the Consumer Information Center, Department 514-X, Pueblo,

Colo. 81009 and in many county extension offices. Single copies are also available through the DHHS, ODPHP, National Health Information Center, P.O. Box 1133, Washington, D.C. 20013-1133.

Food industry and other groups are encouraged to print and distribute the bulletin. Special arrangements for printing large quantities can be made with the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402; tel: (202) 275-3325.

Johna Pierce (301) 436-8617

Issued: Nov. 5, 1990

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